Check out the new Act–Belong–Commit App

THE new app compatible with iPhones, iPads and iTouchs encourages people to stay mentally healthy by providing information and guidance on how to ward off mental illness and get more out of life by staying physically, mentally and socially active.
The easy-to-use app allows you to find local activities and events happening in your area and rate your involvement in mentally healthy activities. It’s completely free, so why not check it out today to see what new fun and exciting things you can get involved in?
To download the app, search for Act Belong Commit in the iTunes App Store, or follow the link on the Act-Belong-Commit website homepage.

What are you doing in the holidays?

WE’RE now down to the last two weeks of term two. The holidays start on Monday 9 July and classes recommence on Tuesday 24 July.
Time away from campus gives you a chance to recharge your batteries but you won’t gain much by just sitting around. Over the next two weeks the Weekly will provide you with a pile of possibilities from revision courses, to open days, fun activities and employment opportunities.
So take a good look, get on the web or the phone and fill your diary with things to do.

Coming up

- **Monday 2 July**: parent night 4.15pm to 7.15pm.
- **Friday 6 July**: last day of term. Normal timetable applies.

Hofmann engineering apprentices

HOFMANN Engineering in Bassendean is on the lookout for apprentices.
You could get paid to learn.

Give them a call on 9279 5522 or go to www.hofmann.net.au for more information.
UWA
A Day in the Life
Applications for A Day in the Life of an Engineering Science Student and A Day in the Life of a Chemistry Student close Friday 29 June.
Applications for A Day in the Life of a Business School Student close Friday 6 July.
For more information or to receive an application form contact Alison Chan on 6488 1450, email alison.chan@uwa.edu.au or go to http://www.studyat.uwa.edu.au/parents-teachers/events/a-day-in-the-life-of-a-uni-student

WACE revision courses
ACADEMIC TASK FORCE is running WACE revision courses at Rossmoyne SHS from 16 to 20 July. There are courses in Chemistry, Maths, English, Physics, Literature, Politics and Law, History, Human Biology and Study Skills.
Call 9314 9500, visit www.academictaskforce.com.au or pick up a brochure in the Learning Centre.

FREE HOLIDAY KARATE CLASSES
JOHNNY MORAN KARATE is offering FOUR WEEKS FREE karate lessons to interested North Lake students. Classes are taught in the local area throughout the school term AND the holidays and are a great way to learn self-defense in a fun and safe environment. Karate has many benefits including building confidence, respect and of course fitness. Call now to take advantage of this fantastic four week trial as places are limited.
0402 830 402

WACE Prep Days at Murdoch Uni
South Street campus
When: 19-20 July
Where: Murdoch, South Street campus
Time: 8.30am till 4.15pm
Email: n.brook@murdoch.edu.au
Phone: 0447 937 663

A job at Woolies
SUNDAY trading starts in Perth in August and that will mean lots more part-time jobs for high school students at Woolworths and Big W.
July holiday courses

ACADEMIC ASSOCIATES are holding revision classes for Year 11 and 12 students at Corpus Christi College (9-13 July) and UWA (16-20 July).
You can book online at http://www.academicassociates.com.au/content/courses/holiday-courses.html or call 9293 7484.

UWA Individual information sessions

UWA is holding individual information sessions for Year 11 and 12 students during the July holidays.
The sessions are designed to help answer questions about UWA's courses and will be held at Alexander Lecture Theatre from 9 to 13 July from 10am to 4pm daily. Each session will run for about 30 minutes.
To register your interest email lisa.cowell@uwa.edu.au and provide your name, school and year level and your preferred day and time.

Females in the ADF

DEFENCE FORCE RECRUITING will be holding a Females in the ADF information session and invites female students and their parents to attend.
Details are as follows:
Date: Wednesday 11 July
Time: 6.30pm – 8.00 pm
Venue: Defence Force Recruiting, Level 7, 66 St Georges Terrace, Perth
RSVP: Tuesday 3 July Anna Katselas akatselas@dfr.com.au
FORMER North Lake student Mitchell Matera was a welcome visitor to the campus last week during a week off from his job with BHP. He is an apprentice electrician at Yandi, near Port Hedland, working fly-in fly-out two weeks on and two weeks off. It's hard work. Mitchell clocks in at 5am each day and work finishes at 6.30pm. "Most of what we do is preventative maintenance, keeping the plant running," he told North Lake Weekly, "It can be very demanding in the heat. We work harsh hours but they treat you well." There's not much time away from work but Mitchell said he has his own room with TV and internet connection, a mess that provides all meals and changes its menu daily and he has access to a gym and opportunities to play sport. During some of his time off he attends classes at the Industrial Training Institute in Naval Base as he works towards his Cert III. At the end of his four-year apprenticeship Mitchell will be a fully qualified electrician and then he intends following his ultimate career aim of becoming an electrical engineer. "I can see myself with BHP for my entire career if they want to keep me," he said. He is certain that he wouldn't be where he is today if he hadn't decided to come to North Lake. "It was more constructive and there was more planning ahead and thinking about a career at North Lake than where I was before," he said, "I love this school, it helped me a lot." Mitchell's message to North Lake students is to follow your dreams and be open to changes. "One path can lead you to anything you want to do," he said, "Don't think there is only one future."